Ahn, Eue-Soo., Jung, Sun-Hae. Influences of ballet dancers’ menstrual dysfunction on body composition and HPA axis hormone.

The purpose of this study was to examine the influences of ballet dancers’ menstrual dysfunction on body composition and HPA axis hormone, which can be utilized to provide some systematical and scientific information for professional ballet dancers’ health promotion. The subjects of 64 females consisted of three groups: the professional female ballet dancers (n=22), the ballet major college students(n=21), and female college students(n=21). According to menstrual cycle, the participants were also classified as eumenorrheic(EM) and oligomenorrheic(OM) group. Body composition and assessment of stress(GARS scale) were collected from each group. Also, saliva for HPA axis hormone(cortisol, DHEA, CgA) was collected from all the participants. In summary, body composition and HPA axis hormone were significant differences in three groups, with no other significant differences between OM and EM group. However, the current findings of the study showed that body composition and HPA axis hormone would be partially associated with menstrual dysfunction. The menstrual dysfunction was not directly affected by body composition and HPA axis hormone, however, BMR, cortisol, and DHEA as important predictors might affect the menstrual dysfunction. Therefore, the findings might be affected on dance activities for ballet dancers.

Key words: menstrual dysfunction, HPA axis hormone, cortisol, DHEA, CgA
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